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THE DAILY SQUEEZE  
HOT YOGA CAN REV UP  
YOUR BODY AND YOUR  
LOVE LIFE {page 11}



IT'S A GIRL  
BECKHAM BOYS  
TO GET A SISTER  
DISH {page 9}

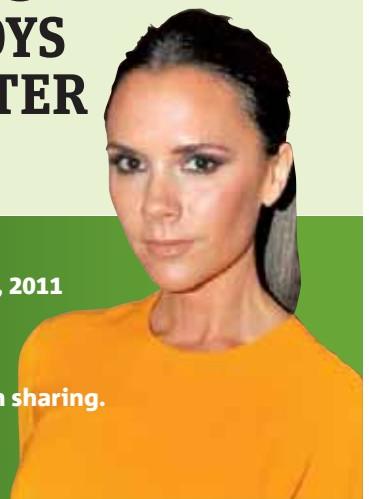
HALIFAX

metro®

Tuesday, February 8, 2011  
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News worth sharing.



Games. Symbol



► Direct Energy employee Dave Grandy works on the cauldron outside the Canada Games centre yesterday. The Games get underway on Friday night with the opening ceremonies at the Metro Centre.

RYAN TAPLIN/METRO

# How deep will the cuts run?

► Education Department slated to release tentative school board budget allocations today ► Halifax Regional School Board chair anticipates cuts of around 5% for next year

Irvine Carvery says he doesn't have any expectations for today's meeting between school board representatives and Education Minister Ramona Jennex.

The Halifax Regional School Board chair said, given the recent back and forth between the Darrell Dexter government and the boards, it's hard to gauge what will be presented to the boards today in Halifax.

But Carvery maintained whatever the presentation, the boards will not be starting down a 22 per cent funding cut over the next three years.

"The only thing that I'm confident in is that it's not going to be the 22 per cent," Carvery said yesterday. "But after that, I'm really not sure."

The province asked boards to undertake the "planning exercise" of cutting 22 per cent over the next three years last fall.

When the Chignecto School Board went public with a scenario of drastic teaching layoffs and school closures, it ignited a public debate heavy on emotion and light on facts.

The hope is releasing the tentative budget allocations for the boards today

**"We're not going to get everything resolved (today). But I do believe that it's the beginning of us taking a look at education to move us forward into the 21st century."**



IRVINE CARVERY,  
HALIFAX REGIONAL  
SCHOOL BOARD CHAIR

will put an end to the public speculation.

The Halifax board was relatively quiet throughout the process, before Carvery addressed the issue in late January.

"This is being seen as an attack on school boards. Plain and simple," he said on Jan. 26 at HRSB meeting.

But Carvery said yesterday he believes Jennex is earnest in her desire to resolve the situation.

"I think (Jennex) is sincere when she said she wants to work with boards, in terms of moving education forward in the province. I take her on her word on that."

● ALEX BOUTILIER

Games excitement ready to ignite

Sidney Crosby stays off the ice

Penguins' captain still dealing with a concussion {page 16}

Athletes take over the Oval

But public could skate on it again in less than 2 weeks {page 2}



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Judge tells  
Church of  
the Universe  
members, led by  
Rev. Brother  
Walter Tucker,  
above,  
they're not  
exempt from  
marijuana laws.  
Video at  
[metronews.ca](#)



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# No March spending sprees: NDP

The NDP is extending a ban on "March Madness" spending to the province's agencies, boards and commissions.

Deputy Premier Frank Corbett sent out a letter to the government's agencies, boards and commissions yesterday reminding them to refrain from any unplanned or unbudgeted spending as the fiscal year end approaches.

Departments were issued a similar warning

against the practice, also known as "March Madness," last year.

"When we were basically looking at doing it again, we thought that it should be broader in scope, so we incorporated the agencies and boards and so on," said Corbett.

Corbett said the letter was not provoked either by any questionable spending practices last year, but simply to expand on the apparent success of last year's

missive. Liberal Leader Stephen MacNeil said he would hope departments, agencies and boards recognize the financial challenges of the province and would spend accordingly.

"They wouldn't be waiting to the end of the year to find the ... savings that (government) is looking for," said MacNeil. "It would have been happening over the course of the year ... I would hope that these guys

**"As you get closer to year end, (you need to make) sure this doesn't happen."**

FRANK CORBETT,  
DEPUTY PREMIER

have been trying to control spending over the last 10 and a half months and not just the last month and a half of the fiscal year."

● ALEX BOUTILIER



RYAN TAPLIN/METRO

► Frank Corbett

# Hang up your skates, Oval's got Games

► Oval now being primed for Games competition that begins this weekend



PHILIP CROUCHER  
@METRONEWS.CA

Sidney Crosby isn't the only local skater on the sidelines these days.

The Canada Games Oval is now closed to the public, ending the city's two-month-long love-fest with the outdoor public skates on the Halifax Common.

But don't worry, the love affair is returning — sooner than some might think.

With the co-operation of Mother Nature, public skates could be back as early as Feb. 20 — the midway point of the Games.

"Long-track speed skating is scheduled for the first week, and if they finish on time, by the second weekend of the Games — that Sunday — we should be back open to the public," said Paul Dunphy, director of community development for HRM.

## Games plan

► Canada Games long-track training begins Friday. The competition starts Saturday.

"It would be a wonderful public celebration in the midst of the Games to re-take the oval," he added.

Dunphy said 65,000 people have skated on the oval since its opening in mid-December — a figure he deemed "pretty amazing" — in part because winter isn't over yet and there have been several storm days.

"We knew it would be popular, but we didn't know it would be popular at this scale," he said. "We imagined several hundreds skating per day, instead of several thousands."

The municipality figures they'll be able to keep the oval open for public skates until mid-March.



► The Canada Games Oval is now closed to the public as crews get it ready for competition.

# Shocking crime still unsolved

Today is the sixth anniversary of one of the most shocking crimes in the HRM.

There are still no arrests in the murder of Danny DiBenedetto, a 36-year-old father and businessman.

He was in his Bedford home at 7:35 p.m. on Feb. 8 when three masked men entered. There was a fight, and DiBenedetto was shot several times. His wife and baby son were in the

house at the time.

DiBenedetto was rushed to the hospital where he died just after midnight.

One suspect was described as a black man wearing jeans and a black puffy jacket and a dark ski mask. The second suspect wore his hair back and was wearing a grey track suit. The third was described only as a black man wearing a ski mask.

● METRO



► Danny DiBenedetto

## News in brief

### Beautiful day for U2 fans

MONCTON. The day has finally come for U2 fans.

Tickets to see the Irish rockers perform in Moncton on July 30 go on sale today at 10 a.m.

The concert is taking place on the Magnetic Hill music festival grounds. It was

announced last week after much speculation. Arcade Fire will be the opening act.

Ticket prices for general admission field level are \$84.50 each, including taxes and service charges. Ticket prices for reserved grandstand seating range from \$226.00 to \$304.50.

Tickets can be purchased online at ticketmaster.ca or over the phone at 1-877-998-6766.

● METRO

# Immigration museum at Pier 21 opens doors

► Feds to spend \$25M over next 5 years upgrading Pier 21 building, developing new exhibitions

The Canadian Museum of Immigration at Pier 21 officially opened yesterday, 83 years after the first immigrants passed through its halls.

Already a national historical site, Pier 21 became Canada's sixth national museum and only the second outside the Ottawa region.

"This museum highlights the essential role that immigrants have played in the building of our nation, and continue to play in shaping our nation," said Defence Minister Peter MacKay, who was on hand for the opening.

Of course, Nova Scotia faces a very different situation than in 1928, with out-migration a more present topic of conversation than immigration.

"I think we can do more (to attract immigrants)," said MacKay.

"I think what we need to do is also try to improve upon the quality of life in

**"For immigrants to Canada, from Iran or from the Middle East, it's kind of hard, it takes time. (We waited) for four and a half years to get a visa to come to Canada."**

AMAZ CHADEGANIPOUR

our communities ... (by) working with all levels of government to improve the economic situation."

Amaz Chadeganipour came to Canada with her family from Tehran in 2009. She is working with Pier 21 through the Welcome Home to Canada Program, which aims to give new immigrants Canadian work experience.

The 29-year-old has undergraduate and master's degrees in graphic design from Iran, but still waited four and a half years to obtain a visa.

● ALEX BOUTILIER



## Police buckling down to promote buckling up

Police in HRM are on the lookout for those not buckling up.

The Halifax Regional Police/RMP integrated traffic unit is focusing on seatbelt and child-safety enforcement this month.

A fine for not wearing a seatbelt is \$167.71.

"For the most part, the

### Big ticket month

► Last month, the traffic unit issued more than 600 tickets for not driving properly for weather conditions.

vast majority abides by it, but you still see people out there, for whatever reason,

who don't wear seatbelts," said Const. Brian Palmeter, HRP spokesman.

"We still see cases where kids, specifically, aren't properly secured in the vehicle," he also said.

A driver is responsible for making sure anyone younger than 16 is wearing a seatbelt. ● PHILIP CROUCHER

## Fatal crash's cause not yet determined

Police have yet to determine why a small car carrying three young people plunged into the Avon River at Hantsport, killing a 17-year-old girl.

RMP Const. George Cameron said police wanted to speak to the two males in the car — one is 18, the other 16 — but

they couldn't do so yesterday, because both were still in hospital in critical condition.

The girl was from Windsor, but her name and the names of the two males were not released, at the request of their families.

Cameron said the three were in a 2000 Nissan Sen-

tra that drove onto a private wharf at around 10:30 a.m. Saturday.

It remains unclear who was behind the wheel of the four-door sedan, but police have confirmed the two males were pulled from the water shortly after the car sank.

THE CANADIAN PRESS

## Teens arrested at construction site

Police have arrested two youths in connection with a break and enter in Bedford on Sunday afternoon.

Halifax Regional Police say they were called to a home under construction on Sedgwick Place after an employee saw two people on site around 2 p.m.

When officers arrived

on scene, they arrested a 14-year-old boy. Another 12-year-old boy was arrested at a different location.

Police believe Sunday's incident is connected with other, similar break-ins in the area, and they are continuing to investigate all of them.

● METRO

## Police seek vehicle vandals

Police are looking for the public's help after someone broke into Payzant Building Products Ltd. on Sackville Drive over the weekend.

The incident took place on Feb. 6, when an employee found that one of the storage sheds had

### No accident

Police believe the forklift was used to overturn the vehicle.

been broken into.

Inside the shed, a passenger vehicle was on its side and a forklift was overturned. There was also some damage to the shed's drywall.

● METRO

## All-girls school may have buyer

The chairman of the Cape Breton-Victoria Regional School Board says there has been an offer to buy Holy Angels High School.

Lorne Green says he was called by a source on Friday informing him that a potential buyer had submitted an offer to purchase the building, which

houses the only public all-girls high school in Atlantic Canada.

Green can't say whether the buyer intends to save the school.

The school in Sydney was founded in 1885 by the Sisters of the Congregation of Notre Dame.

THE CANADIAN PRESS

# VANOC warned of luge track dangers: Emails

► Messages first uncovered by CBC via Access to Information request ► Groups couldn't agree on changes

The father of a Georgian luger killed on the first day of the 2010 Olympics is angry that officials didn't act on their own concerns about the luge track's safety.

David Kumaritashvili made the remarks after internal emails released yesterday disclosed that John Furlong, CEO of the Vancouver Olympic Committee, raised concerns almost a year earlier that athletes could be injured "or worse" at the Whistler Sliding Centre.

Kumaritashvili said the VOC's failure to take action resulted in the death of his son. "I am indignant that they were aware that the track was dangerous and failed to make it safer. They did not take any measures. And that led to the death of my son," he said.

After Nodar Kumaritashvili, 21, was killed



► Nodar Kumaritashvili

during a training run, Furlong often repeated that such an incident was beyond his imagination. However, in an email dated March 2009, he raised the spectre that something could happen.

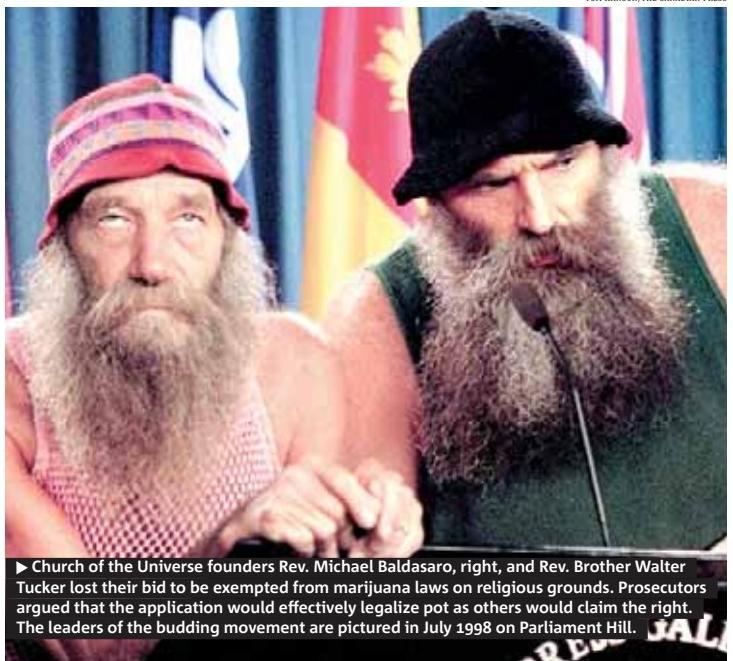
"Imbedded in this note (cryptic as it may be) is a warning that the track is in (the International Luge Federation's) view too fast and someone could get badly hurt," Furlong writes.

"An athlete gets badly injured or worse and I think the case could be made we were warned and did nothing."

Since luge federation officials didn't demand changes to the track, nothing was done.

David Kumaritashvili told the Associated Press yesterday that the organizing committee's failure to take action led to the death of his son.

"I am indignant that they were aware that the track was dangerous and failed to make it safer, they did not take any measures. And that led to the death of my son," he said. THE CANADIAN PRESS



► Church of the Universe founders Rev. Michael Baldasaro, right, and Rev. Brother Walter Tucker lost their bid to be exempted from marijuana laws on religious grounds. Prosecutors argued that the application would effectively legalize pot as others would claim the right. The leaders of the budding movement are pictured in July 1998 on Parliament Hill.

## Pot not a religious right, court rules

A religious group has lost its bid to be exempted from Canada's marijuana laws.

The Church of the Universe uses the drug as a sacrament and argues the law infringes on their freedom of religion rights under the charter. Justice Thea Herman ruled against the church today.

The constitutional challenge came in the case of two church members

charged with trafficking.

Peter Styrsky and Shahrooz Kharaghani allegedly sold pot to undercover officers in 2006, and their case is back in court Feb. 21. Last year, the Supreme Court dismissed an application from church founders Walter Tucker and Michael Baldasaro for leave to appeal their 2007 trafficking convictions. The men sold small amounts of pot to

an undercover police officer who posed as a new church member.

On its website, the church refers to marijuana as God's "Tree of Life." "Church members are encouraged to surround themselves with the holy Tree of Life, not just inhaling it, but wearing it, growing it, writing on it, eating it, etc.," the site reads.

THE CANADIAN PRESS

# Assange can't get fair trial in Sweden: Lawyer

The lawyer for Julian Assange argued yesterday that the embattled WikiLeaks founder will face a secret trial that violates international standards of fairness if sent to Sweden to face sexual assault allegations.

Geoffrey Robertson told an extradition hearing that Assange would not get a fair trial because of his notoriety and because Swedish rape cases are customarily held without public or media present, to protect the

alleged victims.

Closed-door hearings would be "a flagrant denial of justice ... blatantly unfair, not only by British standards but by European standards and indeed by international standards," Robertson said.

He said the risk was especially high, "given the amount of vilification throughout the world Mr. Assange has faced."

The British lawyer representing Sweden, Clare



► WikiLeaks founder Julian Assange, centre right, gets in a taxi as he leaves Belmarsh Magistrates' Court in London yesterday.

Montgomery, countered that Swedish trials were based on the principle that everyone deserves "a fair and public hearing." She said that in cases where evidence is heard in private it will often be published after the trial and recited in the judgment.

Assange is accused of sexual misconduct by two women he met during a visit to Stockholm last year. He denies wrongdoing.

THE ASSOCIATED PRESS

### Extradition

► Hearing Julian Assange appeared composed and occasionally took notes as he sat in the dock at London's Belmarsh Magistrates' Court on the first day of a two-day hearing.

► Crime Assange's lawyers also say he cannot be extradited because he has not been charged with a crime in Sweden and is only wanted for questioning.

# Carnival dreams dashed by fire

Rio de Janeiro's world-famed Carnival went up in flames yesterday for thousands of people who spent nearly a year preparing for the spectacular event.

Seamstresses, set designers and musicians in Rio de Janeiro watched in tears yesterday as firefighters

struggled to control a blaze that destroyed many of the elaborate costumes and floats they assembled for this year's Carnival parade.

The cause is being investigated, a fire-department spokesman said.

THE ASSOCIATED PRESS

# Southern Sudan to secede

In less than six months, Southern Sudan will be the newest country. Results from last month's independence referendum show 98.8 per cent of the ballots cast were for secession from Sudan's north.

THE ASSOCIATED PRESS



► Jubilation in Juba, the capital, yesterday.

# Egypt releases Google executive

Egypt released a Google Inc. executive yesterday who became a hero of anti-government protesters after he vanished nearly two weeks ago while taking part in demonstrations calling for the ouster of President Hosni Mubarak.

Protesters in Cairo's central Tahrir Square say Wael Ghonim, a marketing manager for the Internet company, was one of the main youthful organizers of the online campaign that sparked the mass protests on Jan. 25.

THE ASSOCIATED PRESS

# New research links radiation, cancer rates

Even low-dose exposure could increase cancer risk among heart attack survivors, authors say Companies focusing on decreasing doses

Higher cancer rates are found in heart attack patients exposed to greater amounts of low-dose radiation from X-rays, scans and nuclear medicine than those with less exposure, a study suggests.

The association was discovered in an analysis of almost 83,000 patients who had a heart attack over a 10-year period. The findings were published in the Canadian Medical Association Journal.

"We've shown that there's a link," said Dr. Louise Pilote, an epidemiologist at McGill University Health Centre in Montreal.

"We have to continue the research to exactly find out ... at what point we've reached the maximum, the dangerous threshold in terms of cumulative exposure. But we're certainly not there yet."

She and her co-authors took the project because of "an explosion," especially in the United States, in the use of X-rays, CT scans and nuclear medicine, and CT angiography to screen for coronary artery disease. Pilote said some U.S. shopping malls have locations where individuals can get total body CT scans without a referral.

Of those studied, 77 per cent had at least one cardiac procedure with low-dose ionizing radiation within a year of a heart attack. More than 12,000 cancers were found in the follow-up, with two-thirds of them found in the abdomen, pelvis and chest areas.

"I think this study's very important because it gives

us a pause to say, 'OK, should we be measuring radiation in patients? ... we have to make sure the benefits of using any medical treatment — be it radiation-related procedures or drugs — the benefits outweigh the risk,'" said Pilote.

"It just reminds us that we should practise evidence-based medicine."

THE CANADIAN PRESS

## Is testing necessary?

Dr. Edward Lyons, president of the Canadian Association of Radiologists, said the CMAJ study should cause people to reflect on the radiation they receive, and patients should always ask if a particular test is necessary.

"I also think that doctors should constantly be aware of the amount of radiation being given to patients," he said.

"I think that over the last few years, asking doctors, radiologists and physicians alike, the dose of radiation of say a CT scan, most people were unaware of how much radiation people are actually getting. It's equivalent

to 100 chest X-rays."

He agreed with Pilote and others that the radiation risk shouldn't stop cardiac patients from getting a scan if their doctor feels it's necessary. He stressed that young people, particularly those having repeated examinations, should ask their doctor: "Do I really need this examination?"

THE CANADIAN PRESS

# Sled dog cull not due to sales slump, owner says

The owner of a B.C. company connected to the slaughter of as many as 100 sled dogs says the cull wasn't related to a post-Olympic drop in sales.

Joey Houssian of Outdoor Adventures tells The Canadian Press he was told by the man caring for the dogs that some of the animals needed to be put down because they were aging and sick.

The company is under heavy criticism after the general manager of Howling Dog Tours, which provides tours for Outdoor Adventures, told the province's workers compensation board that he slaughtered between 70 and 100 dogs in April 2010.

Houssian says it wasn't a business decision, as leaked WorkSafe BC docu-



► Sled dogs rest at a kennel operated by Whistler Outdoor Adventures near Whistler, B.C.

ments claim.

He says he wasn't involved in that decision because he trusted the expertise of Robert Fawcett, the general manager of Howling Dog Tours, who he says had an excellent reputation for running his sled-dog operation.

Houssian says he still

doesn't know the number of dogs that were euthanized or whether the gruesome details in the workers compensation documents happened as described, but he says he takes "moral responsibility" for whatever actually occurred.

THE CANADIAN PRESS

# Search ramps up for missing twin girls

An international search for twin girls whose Canadian-born father apparently committed suicide was broadened yesterday as Swiss police searched homes, boats and the waters of Lake Geneva.

Swiss police said French

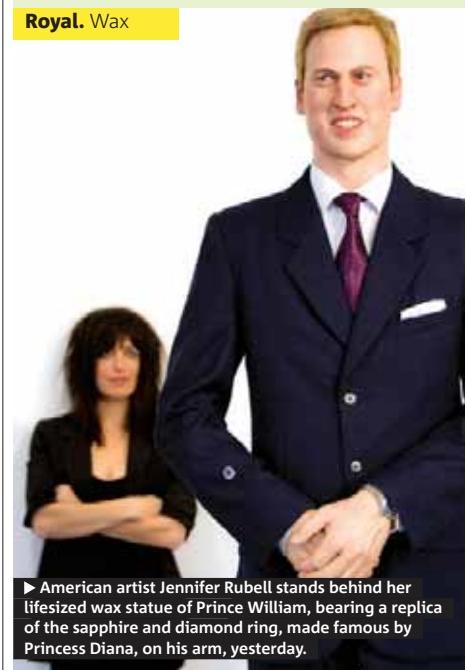
police in Marseilles had established that the girls' father, Matthias Schepp bought tickets for himself and six-year-olds Alessia and Livia to catch a ferry to Propriano, in Corsica, but they were unable to determine whether they

had boarded it.

Swiss police have searched the parents' homes several times and canvassed the neighbourhood, talking with people in 60 different homes.

THE CANADIAN PRESS

Royal Wax



► American artist Jennifer Rubell stands behind her life-sized wax statue of Prince William, bearing a replica of the sapphire and diamond ring, made famous by Princess Diana, on his arm, yesterday.

JOEL RYAN/THE ASSOCIATED PRESS

## Royal prince goes waxy

Visitors to the Stephen Friedman Gallery in Mayfair are invited to stand next to a wax statue of Prince William and step into the shoes of Kate Middleton by inserting their own fingers into a replica of her sapphire and diamond engagement ring.

## Holiday homicide

A Canadian and an Algerian are being detained in the Dominican Republic after the death of another Canadian following a fight outside a beach resort bar.

Prosecutor Mercedes Santana says the men face possible charges of voluntary homicide in the death of 19-year-old Jordan Morrison, of Barrie, Ont.

A judge decided to hold them for at least three months for the investigation.

THE ASSOCIATED PRESS

### BAD BUZZ

## Superbowl ad errs

Online coupon site Groupon Inc.'s first foray into Super Bowl advertising pack too much punch in their punchline and struck a raw nerve with viewers and human-rights groups for mocking serious social issues.

In the commercial, Timothy Hutton says, "The people in Tibet are in trouble, their culture is in jeopardy," as pictures of Tibet are

shown on the screen. The punchline? It turns out he's talking about a fish curry deal groupon.com offered.

The ad, which debuted during the biggest night in advertising, when spots go for \$3 million for 30 seconds, sparked widespread negative reaction on Twitter and Facebook.

According to "Buzz Bowl," Groupon was among the five most-discussed, but the buzz was bad, with 13 per cent of conversations classified as "negative."

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# NO REASON TO BE BLUE ON VALENTINE'S DAY

**She says ...**

**JESSICA NAPIER**



**Every year, Feb. 14 is a day for single people to be bitter and miserable, couples to disappoint one another (carnations!) and Ashton Kutcher to star in yet another awful romantic comedy.**

**B**ut I have a secret. As predictable as it is, I love Valentine's Day. I know, I know, it's not cool to like Valentine's Day; you want me to be cynical and write a spiteful speech about a Hallmark holiday that reeks of cheap wine and desperate consumerism, but you know what, I won't.

My enduring affection towards Valentine's Day is my secret shame. It is the romantic cliché I hate to love.

Most people think of this heart-shaped date as manufactured milestone between Christmas and Easter; a three-way conspiracy between greeting card companies, florists and Tiffany & Co.

Maybe they're right. But like Ralph Wiggum before me, I *choo choo choose* to embrace this saccharin sweet tradition and its cinnamon heart stench.

There are countless reasons to hate Valentine's Day, especially if you're single and don't like to be reminded of it. Smug couples sitting on the same side of the booth enjoying candlelit dinners across the city is enough to make anyone gag. But it isn't all

prix fixe menus and overpriced floral arrangements.

The 14th of February can be a date to love, even if you're dateless. It's a rosy pink bright spot in the middle of a very gloomy and frigid, albeit short, month. V-Day gives you an excuse to watch bad movies, listen to cheesy love ballads and wear pink and red together without judgment.

And so what if the only kisses you get are from Hershey's?

Unlike Christmas and Easter, Feb. 14 is a day devoted to overindulgent behaviour without the religious undertones to make you feel guilty about spending too much money and

eating tons of candy.

Seriously people, how could you hate a tradition that inspired conversation hearts? UR A HUNK ... NO THANKS ... FAX ME! Those funny and flirtatious edibles have been making us swoon since 1902 (yeah, I looked it up).

So I say, lighten up your bad attitude toward this misunderstood day and embrace it for what it is — an opportunity for over-the-top displays of affection directed towards the ones you love. And while you may not have a significant other, you probably have a number of pretty significant someones who would just love to hear UR GR8.



Read more of  
Jessica Napier's columns  
at metroneWS.ca/shesays

## Cartoon

MICHAEL DE ADDER

### ARM'S LENGTH (TO STEPHEN HARPER)



# The buzz on buzzwords

## Letters & Tweets

We asked: What buzzword would you like to see banned?

**@sarcastictoast:** "Eco-friendly" — just because it doesn't spew poison and run on endangered bird eggs doesn't necessarily make it green.

**@bandercot:** anything that we can attribute to Sarah Palin.

**@robfreeman130:** Game changer. Can't stand it! Most of the time there's no game to change!

**@judnivenvo:** how about "having said that" and "guru (of any kind)."

**@adam\_weitner\_pr:** social media guru.

**@URBANERMEZEI:** I believe "There's an app for that" should be stricken from

## Cold hard cash



the records.

**@cyrusrayne:** Revolutionary and magical. A certain computer company named after a fruit has beaten both into oblivion.

**@deadlytoque:** Oh god "actionable." Also "incentivize" and "dialogue" (as a verb; dialogue as a noun is fine).

**@frodo87:** "Moving

forward." My least favourite phrase in human history.

**@ari\_ospeedwagon:** Please legislate against the following (punishable by castration): "optics" and "at the end of the day."

Thank you.

**@NEXXUS455:** OMG!

**@\_mitch985:** I'd be happy if I never heard "cold hard cash" ever again.

## What is your favourite podcast?

**Email**  
**halifaxletters**  
**@metroneWS.ca**  
**Twitter**  
**@metrohalifax**

Metro has the right to edit letters and submissions.

## Metro Minute at hockey exhibit

It's the debate that rages on — which part of Canada is the birthplace of hockey.

A new exhibit at the Evergreen House Dartmouth Heritage Museum claims it happened right here in HRM.

Titled Skates, Sticks And Lakes, the exhibit allows people to learn about Dartmouth's hockey and skat-

ing history. It also lays claim to why Dartmouth "rivals all other contenders" as the birthplace of hockey.

The museum is located on 26 Newcastle St., with information on museum hours of operation available at dartmouthheritage-museum.ns.ca or 464-2300.

The exhibit runs until April 21. ■ METRO



► The Evergreen House Dartmouth Heritage Museum is hosting Skates, Sticks And Lakes.

# metro

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# Car ads rock Super Bowl

► Pair of automakers' commercials most popular with viewers ► Volkswagen released ad on YouTube, which fetched more than 13 million pre-game views

In the Super Bowl of advertising, Justin Bieber replaced Ozzy Osbourne and Joan Rivers became a Go-Daddy girl. But a pair of commercials by automakers took the early trophy for online buzz.

A two-minute ad for Chrysler starring Eminem and a Volkswagen ad featuring a mini-Darth Vader that went viral before it even aired were two of the most talked-about spots during advertising's big night, Super Bowl XLV.

Chrysler was one of nine automakers that took advantage of advertising's biggest and most expensive showcase, at \$3 million US for 30 seconds, to try to show they're back after two tough years for the industry.

Carried on Fox in the U.S., the majority of the commercials weren't available to viewers watching CTV's Canadian broadcast.

THE ASSOCIATED PRESS

## Telus starting to unlock cellphones

Telus will begin offering a service to unlock mobile phones that use SIM cards, a trend in the wireless industry that allows consumers to use the devices on other carriers' networks.

The telecom company said yesterday that starting on Feb. 15 its customers will be able to pay \$50 to have their mobile phones unlocked.

"We know that people want the flexibility to use their phones as they see fit," said Brent Johnston, vice-president of mobility solutions at Telus.

That means customers on long-term contracts, usually smartphone users, will be able to get their phones unlocked if they've had the device for a minimum of 90 days. Consumers could then buy SIM cards for other networks.

Typically, customers have to wait until the end of their contracts to get a phone unlocked or go to a third-party retailer that provides the service.

Johnston said there could be some potential revenue loss for Telus, but added the Vancouver-based company believes its rates and packages are competitive enough to withstand such a risk.

Consumers who decide to pay for the service are still bound to their contracts, Johnston added.

THE CANADIAN PRESS

## WestJet and Delta airlines partner up

WestJet Airlines Ltd. has made further inroads into the U.S. market through an interline partnership that will enable its passengers to easily connect with the Delta Air Lines route network.

Customers of either airline can now travel over connecting flights on one ticket, get boarding passes for all flight legs at check-in and tag bags through to their final destination, Calgary-based WestJet said yesterday.

Interline deals often pave the way for code-shares, in which airlines can sell seats on each other's planes using the same two-digit code.

"This is part of our strategy to have a partnership in each of the major geographic regions," said Hugh Dunleavy, WestJet's executive vice-president of strategy and planning.

"The United States is such a huge market and it's obviously a focus of our attention." THE CANADIAN PRESS

### Market moment

DOLLAR	Natural gas
	1,000 cu ft \$4.104 (- 20.6c)
	Gold contracts \$1,348.20 (- 80c)
OIL	TSX
 -\$1.55 (\$87.48 US)	 +20.08 13,811.93

## RIM third in smartphone sales: Report

Research In Motion was No. 3 in the global smartphone market after Nokia and Apple in the fourth-quarter 2010, according to an IDC report.

The market research report says the Canadian tech company's growth in the quarter ended Dec. 31 was driven by BlackBerry sales outside North America. THE CANADIAN PRESS



Senator Paul Yuzyk 1913-1986

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Do you know someone who is an advocate for multiculturalism and for integrating cultural communities and new Canadians?

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## Scene in brief



The View co-host Sherri Shepherd has answered a call from a higher power — The Gospel Music Association.

Sherpherd will host The Dove Awards and she says fans can expect "a hot night of Godly music and comedy" at Christian Music's annual celebration of voices raised in faith.

The comedian and actress is a Daytime Emmy winner for her work on The View and the host of The Newlywed Game.

THE ASSOCIATED PRESS



► Elton John provided the soundtrack and was an executive producer for *Gnomeo and Juliet*.

# Busy Elton finds time to laugh at himself

► Singer says *Gnomeo and Juliet* isn't a political allegory, but its message is important



NED EHRBAR

SCENE@METRONEWS.CA  
METRO WORLD NEWS IN LOS ANGELES

Sir Elton John is not, he would like to make it clear, planning on performing for Prince William's wedding to Kate Middleton in April.

"I don't know Kate and William," he says. "I'd made a joke that I'd probably be busking outside, but as far as I know I don't think so. No, it'll probably be someone like Barry Manilow — someone

younger and more attractive."

Besides, he's got enough on his plate with the recent arrival of he and husband David Furnish's first son, Zachary, and the release of *Gnomeo and Juliet*, the film on which he serves as executive producer and for which he provided the soundtrack.

While he doesn't voice any of the characters in *Gnomeo and Juliet*, John does pop up on screen — in a sense. As dim-witted suit-or Paris (voiced by Stephen Merchant) serenades Juliet

### "There I am, Glam Gnome, the Gnomosexual."

ELTON JOHN

with John's classic Your Song, he morphs into a gnome version of the glam singer himself.

"There I am, Glam Gnome, the Gnomosexual," he says with a laugh. "I lost it when I saw that. It's very important if you're British to take the piss out of yourself. I think you're raised to do that in England, which is rather good."

The star-crossed gnomes of the movie's title belong to neighbouring — and warring — red and blue camps, but John insists audience shouldn't read too much political allegory into it, despite how the red state/blue state battles in the U.S. may have heated up recently.

"We started the film 11 years ago, and if we'd had the foresight to do that, I'd say we're f-ing geniuses," he says. "But I do feel as though there is a message in this film. We spend so much time hating each

other because our parents tell us that's what we have to do."

Gnomes or no gnomes, John's own feelings about gardens are a bit ... conflicted.

"I grew up at my grandmother's house and it was a beautiful garden, but I used to hate mowing the lawn and weeding, which is what you do when you're a kid," he explains. "I loathed it and I loathed gardening, but I have two beautiful gardens. I cannot bear gardening, but I love gardens."

# Perry looks for happiness in Mr. Sunshine

On his new ABC sitcom, Mr. Sunshine, Matthew Perry plays a chap whose life is clouded.

He plays Ben Donovan, the manager of a big San Diego sports arena, the Sunshine Center, which hosts a variety of attractions. "Every night, 17,505 people come here expecting to have a good time," Ben declares. "And I make sure they do."

But there are also a host

of attendant wacky problems. On the series premiere (Wednesday at 9:30 p.m. ET), the circus is booked, but the ice from the previous night's hockey game isn't melting. Oh, and an elephant is lost in the building. Meanwhile, Ben has hit his 40th birthday. It's a wake-up call. Suddenly, he sees he isn't as happy as he had thought.

"He's a solipsistic, self-centred man," says Perry. "But

"But his eyes get opened a little bit, and he realizes that the ticket to being happy and having some kind of inner peace in his life is to stop thinking about himself all the time, and maybe think about his fellow man."

With Ben at its, well, heart, Mr. Sunshine will deal with his blundering efforts to transform himself into someone more caring and willing to commit.

Ben is joined by a crew zanies at the Sunshine Center, most notably his boss, Crystal, the arena's erratic and highly inappropriate owner, who is played by Alison Janney (*The West Wing*).

Janney, says Perry with a sly grin, "is up for anything. One of the character traits she chose for Crystal is ... to slap me across the face. That became a running gag." THE ASSOCIATED PRESS



► Matthew Perry stars in *Mr. Sunshine*.



New Elvis Costello tour dusts off his Spectacular Spinning Songbook

# Beckhams set for baby girl: Report

With David and Victoria's daughter on the horizon, three boys in Beckham clan will finally get a sister

FRAZER HARRISON/GETTY IMAGES



► David and Victoria Beckham

After three sons, David and Victoria Beckham are reportedly welcoming a daughter, according to the Sun.

"David and Victoria are

over the moon. This will be their last child and to be told they are having a girl is the icing on the cake for the Beckham clan," a source says. "Victoria is 36 and

David is thinking about life after retirement. For them, with a sister for their boys — who are growing up fast — this is the perfect family." METRO

## Harry back with his ex?

Royal watchers think a private club in London Prince Harry has quietly gotten back together with ex-girlfriend Chelsy Davy, according to the Sun.

The pair, who split up last fall, were spotted spending quality time together at



Prince Harry



## Handcuffs for LaBeouf

Shia LaBeouf didn't have the best night out at a bar recently, as the actor had to be restrained with handcuffs by police after an altercation with another patron, according to Radar Online.

LaBeouf was reportedly angered when bar patrons from whom he'd turned down a request for a photo responded with an anti-gay slur. "He charged at me," college student Mark Mastro tells the website.

"I jumped over the patio fence onto the sidewalk to get away from him, but he kept coming after me. ... He was getting in my face. He was talking s—. He was chest-bumping me."

A bouncer soon broke up the argument, and police were called. No arrests were made. METRO

### Celebrity tweets


**Ashton Kutcher**  
[@aplusk]  
Solitary triumph

starts and ends with loneliness.


**Chris Colfer**  
[@chriscolfer]  
My aunt just text me

"There's a fake story about you in my tabloid! You've made it, honey! You've made it!" Oy...


**Russell Brand**  
[@rustyrockets]  
I am

hosting Saturday Night Live, Feb 12th. If you have any sketches/jokes please send. Remember, I will ONLY play drug addicts.


**Steve Martin**  
[@SteveMartinToGo]

Buffalo wings = chicken wings in spicy sauce. World = full of lies. METRO

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# 3 life

## The signs



Signs of the various eating disorders:

### ANOREXIA

- Dieting excessively when not overweight
- Excuses for not eating
- Significant weight loss

### BULIMIA

- Excessive concern about weight
- Strict diet followed by binging
- Purging

### BINGE EATING

- Eating large amounts
- Eating quickly or in secret

CElia MILNE



# Eating disorders affecting all ages

► Estimated that 600,000 women across Canada have bulimia ► 300,000 have anorexia



CElia

MILNE  
LIFE@METRONEWS.CA

Anicka Novak started dieting at age 14. She was a shy, socially anxious, fearful girl who had been teased about her weight.

"The one thing I could control was my food and my body image," she told Metro. "I found a doctor who prescribed diet pills and that was like magic for me. That was the start of my eating disorder."

Novak flipped and flopped between anorexia and bulimia for an almost unimaginable 36 years. Finally, at age 50, she went for help. "By then the eating disorder had devastated me. I knew if I didn't

take control of it, I was going to die."

For Novak (not her real name), who is now 58, recovery meant dealing not just with her eating disorder, but also coming to grips with her fears and phobias. It is estimated that 600,000 women in Canada have bulimia and 300,000 have anorexia, and the numbers are on the rise.

People with eating disorders often have other mental illnesses, such as substance addiction, problem gambling or sexual addiction. Bellwood Health Services, a Toronto mental health clinic, reports that 52 per cent of their eating disorder clients are also treated for an addiction.

**"The eating disorder had devastated me. I knew if I didn't take control of it, I was going to die"**

ANICKA NOVAK

ly more obvious because the sufferer is very thin, bulimia (the cycle of binging and purging) is often hidden.

"Bulimia is very common in middle-aged women. It is your little secret."

The illness is associated with serious health problems such as dental decay, stomach problems, kidney damage and even death.

The Internet is a double-edged sword, says McGrail, offering valuable information but also providing a sinister means for people with eating disorders to enable each other.

"Recovery is possible through quality treatment and counseling, education and support," she says.

## Myths

Susan McGrail, clinical director of Bellwood Health Services, busts three myths about eating disorders.

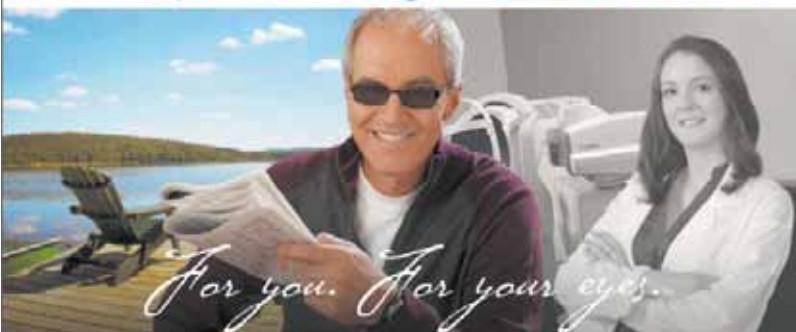
► **Only females have eating disorders.** Research shows that while men represent a lower percentage, the number of men struggling with eating disorders is on the rise.

► **Eating disorders only occur in young people.** Women and men of all ages can struggle with an eating disorder.

► **People with eating disorders are always skinny.** A large proportion are a normal weight or overweight.

It's a big world after all: Obesity rates have doubled in last 3 decades, study says

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# Hot yoga finds new meaning

► The five best moves to rev up your body and love life

## DAILY SQUEEZE

### ASIA NELSON

ASIA NELSON IS A CERTIFIED ADVANCED YOGA INSTRUCTOR AND DIRECTOR OF PRANALIFE YOGA IN KITCHENER, ONT. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILYSQUEEZE.CA.

Great sex starts with a relaxed, fit body — and yoga can improve your performance in the bedroom.

But whether you're single or in a relationship, there's no time like the present to get your body in super-sexy shape. To help, here are five moves that give new meaning to hot yoga.

### Tolasana

The core strength from this move takes standard sex to "H.D." as in, "hot damn."

Seated, cross your ankles and hug knees to chest. Keep your thighs glued to your chest, un-hug and place your hands by your hips. Exhale and lift your butt off the floor. Hold for five deep breaths. Use yoga blocks under your hands if your arms seem too short. For a more advanced pose, try lifting your feet off the floor.

### Deep squat

This pose is a must for strength and stamina. Stand slightly fan-footed, feet a bit wider than shoulder-width. Squat until your hips are parallel to your knees. Set your elbows



► Yoga can be good for improving your performance in bed.

against your inner knees and lower your tailbone toward the floor.

If this is too difficult, stay in the initial squat position and work on leg strength while curling your tailbone under, breathing deeply in and out.

### Half-bridge pumps

Essential for hot booty and thrust power. Lie on your back and plant your feet close to your fingers with your arms on the floor at

your sides. Curl your tailbone toward your navel — the secret is in the tilt — and lift your hips as you exhale. Inhale and lower your hips almost to the floor. Do 10 as a good start, 20 for good stamina, and 40 if you want to be better than good.

### Dolphin Plank

This pose is especially great for guys — think six-pack abs and stamina. From hands and knees, set your forearms on the floor,



### Downward Dog

The Big Daddy of poses, it pairs hamstring and low back flexibility with upper body strength. From hands and knees, curl your toes under and lift your hips to the sky.

Avoid straining your hamstrings, and bend your knees slightly.

Hold the pose as though you're about to slide your hands back with straight legs. This will ignite your core and take pressure out of your shoulders.

Stay still for five to 10 deep breaths.

**Find more healthy news at DailySqueeze.ca.**



elbows under shoulders.

Extend your legs straight while keeping heels, hips and shoulders in straight line.

Engage your core while

keeping back flat, looking forward. Hold for 30 seconds, building up to two minutes.

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**Thai Rice Noodle Salad**

FLICKR: JEFFERYW

 **EMILY RICHARDS**  
FOOD@METRONEWS.CA

**Preparation:**

- 1 In large bowl, pour boiling water over noodles to cover. Let stand for 20 minutes or until tender. Drain and rinse noodles under cold water and drain. Place in bowl.
- 2 Slice shrimp in half lengthwise. Add shrimp, bean sprouts, cucumber, green onions, mint and coriander to noodles.
- 3 In small bowl, whisk together fish sauce, vinegar, sugar, garlic, lime juice and chilli paste. Pour over noodle mixture and toss everything together to combine.

**Ingredients:**

- Half of a 450 g pkg rice noodles
- 1 bag (400 g) cooked black tiger shrimp
- 2 cups (500 mL) bean sprouts
- Half English cucumber, thinly sliced
- 4 green onions, sliced
- 1/2 cup (125 mL) chopped fresh mint
- 1/4 cup (50 mL) chopped fresh coriander
- 1/4 cup (50 mL) fish sauce
- 1/4 cup (50 mL) rice vinegar
- 2 tbsp (25 mL) granulated sugar
- 2 cloves garlic, minced
- 1 tbsp (15 mL) lime juice
- 1/4 tsp (1 mL) Asian chilli paste

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOK BOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE ON EMILY AND HER RECIPES, VISIT [EMILYRICHARDSCOOKS.CA](http://EMILYRICHARDSCOOKS.CA).

# Trendy eats that make for a filling lunch break

► The Trendz Café creates comfort food that tastes – and looks – great

## LUNCH RUSH

VALERIE MANSOUR  
FOOD@METRONEWS.CA

The warmth of Trendz is welcoming on a snowy winter day.

Although attached to a Best Western, only the music gives it that ubiquitous hotel feel.

The lunch menu includes sandwiches, pasta, risotto, and seafood, chicken and beef entrées.

My pal selects a Montreal Smoked Meat Sandwich with warmed smoked meat and Dijon on toasted rye with a pickle.

While his accompanying soup of the day — a lovely haddock chowder — is pleasing, he finds the sandwich skimpy and requests something more substantial.

The Chicken Club Wrap, a February special, does the trick with breaded chicken, tomato, lettuce, bacon, herbed mayonnaise and cheddar in a tortilla wrap. Now this is a tasty lunch.

My Battered Haddock tastes fresh and light. It comes with tartar sauce as well as ketchup and curry mayo for the large, soft, oven-roasted fries.

The service is prompt and friendly — a satisfying place for a mid-week lunch.



► The Battered Haddock is paired with oven-roasted fries.

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► Steve &amp; Kellie

## BLUES PAVE THE PATH FOR LOVE

**Names:**  
Steve, 26, and Kellie, 22  
**Hometown:**  
Calgary  
**Together since:**  
2009

### Their Story:

Steve and I (Kellie) met during a weekend of volunteering at the Calgary Blues Fest in August of 2009.

I had been checking him out all weekend, but hadn't approached him since I had to head back to Edmonton for my last year of university later that

month.

Thank goodness he broke the ice and spoke to me on the last night of the festival.

We've been happily dating ever since — long distance and all! I'm now back in Calgary but I'm currently preparing for a solo travel adventure to Africa.

Although I'll be halfway around the world, Steve will be on my mind and in my heart — and I can't wait to continue our adventure together when I return!

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## THE BATTLE IN THE HOUSEHOLD

### Smug Marrieds

**ANGELA PACIENZA & DEREK CHEZZI**

2FORCOUPLES.COM  
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**It's a constant battle in our home: My partner thinks she does more work in our house and relationship than I do. Everything is a competition with her. What to do?**

#### Angela says ...

If you're a two-income household, it's not fair for one person to shoulder the majority of the household upkeep. Put yourself in her shoes for a minute to figure out where she's coming from. Is she really burdened with an unfair share? Or is it that you find time to play hockey with your friends while she's home alone? You may simply need to find ways to make her feel as

though there's more of a balance (even if you're not really changing much). Encourage her to go out for a manicure or a movie night with girlfriends.

#### Derek says...

She might be taking jabs at your endless complaints about being tired. Secretly start a scorecard of relationship responsibilities and check off who does what in your home. If it looks like you're slacking, pitch in. After all, you don't want to enter a competition you can't win. But if you're coming out on top, it's time to discuss rewards for the winner.

# sexcetera

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metro

# Are you a risk taker?

► Our quiz will tell you about your investment style — fearless gambler, worrier, or something in between

 DUNCAN MCALLISTER  
LIFE@METRONEWS.CA

Everyone has a different risk tolerance profile when it comes to personal investments. Take our little quiz to see which category you fit into.

**1. Suppose you unexpectedly inherited \$20,000 to invest. You would:**

A. Deposit it in a savings account or money market fund.  
B. Invest it in high-quality bonds or mutual funds.

C. Invest it in a portfolio of common stocks.

**2. Given the opportunity to participate in a new venture that could pay up to 100 times your investment, but has only a 20% chance of success, how much would you invest?**

- A. Nothing.  
B. One month's salary.  
C. Six month's salary.

**3. When choosing a new financial investment, you always:**

A. Enlist the services of a Certified Financial Planner for investment advice.

B. Do some research of your own over the Internet.  
C. Flip a coin.

**4. When you lose money on an investment, your reaction is...**

A. I don't suffer losses because my investments are always low-risk.

B. I feel guilty and take it personally.

C. It's just the cost of doing business.

what kind of risk taker you are.

**5. When it comes to your personal investments, when you hear the word "risk", you immediately think:**

A. I could lose some money.

B. There is a degree of uncertainty, but I'm OK with that.

C. Here is an opportunity to make some cash.

**6. My attitude toward savings is:**

A. I always put away a certain percentage of my salary every month.

B. I try to save whenever I can.

C. I don't see any reason to save.

**7. If you had assumed a fair degree of risk in your portfolio, you:**

A. Would have trouble sleeping at night.

B. Wouldn't lose sleep unless things started going south.

C. Would sleep like a baby — it wouldn't bother you at all.

**8. If you had the chance to enter a poker tournament:**

A. You wouldn't play, since you couldn't tolerate losing.

B. Play, but you would place low-stakes bets.

C. When playing, you would bet everything you had.

**Scoring**

Add up your score to see

**Mostly A's — Conservative.**

As a conservative investor, you are risk adverse and don't feel comfortable speculating on the market. You tend towards safer, long-term positions and will always recruit the advice of an investment planner. Safer investments would include a portfolio of Guaranteed Investment Certificates (GICs), Canada Savings Bonds (CSBs), T-bills and money market funds.

**Mostly B's — Middle of the Road**

As a "middle-of-the-road" investor, you tend not to take risks you feel are out of your reach. You would select an asset mix with a balance of growth as well as safety. You feel comfortable placing your own trades online and follow the markets. Suitable investments would include a mixture of equities and fixed-income as well as mutual funds and precious metals.

**Mostly C's — Maverick.**

You have a gambler personality when it comes to investing. You believe you can spot new opportunities and capitalize on them. You prefer more speculative, short-term products like new ventures, technology start-ups and mining stocks. Although risk takers make far better returns statistically, it may come with a lot of stress, too.



## It's not hard to learn about investing

**How to become an astute investor**

**Get Help:** A financial planner can help you decide on the right asset mix and tailor a portfolio for your level of risk tolerance as well as provide suggestions for your long-term and short-term growth.

James Hymas, portfolio manager at Hymas Investment Management Inc., in Toronto advises would-be investors that, "In this uncertain world, investors are better advised to construct a diversified portfolio that, in the long run, guards

against all eventualities: common stocks, particularly resource stocks, to guard against the risk of inflation; bonds, particularly longer-term bonds, to guard against the risk of absence of inflation."

**Do your Homework:** Use the Internet to locate research materials and market information about your holdings (See sidebar). Learn to read a balance sheet and stock charts as well as the basic fundamentals such as Earnings Per Share (EPS) and Price/Earnings (PE) ratio.

**Take a Course:** Most universities and community colleges offer beginner courses on investment and financial planning. As well, some banks and investment firms will present regular informational seminars for their clients.

**Be Disciplined:** Don't invest any more than you can afford to lose. The desire to take risks increases greatly during a winning streak, so it's important to keep a cool head and not get caught up in the euphoria of a fast market.

► DUNCAN MCALLISTER

## Don't believe the hike? It's comin'

Interest rates, near historic lows for much of the past two years, are widely expected to increase through the latter half of 2011. The cost of carrying debt, including mortgages, lines of credit and credit cards, will be affected.

"Low interest rates have enticed many Canadians to spend more on credit," says Stephen Reichenfeld, VP and wealth counsellor for Fiduciary Trust Company of Canada. "But an im-

proving economy means lending rates will likely rise."

We offer four steps to help you come out ahead.

- Reduce personal debt. Do what you can today to decrease your debt load before borrowing costs increase. Review the option to lock in borrowing costs now and consolidate debt at a lower interest rate.

- Rethink your mort-

gage. If you have an adjustable rate mortgage, and you plan to be in your home for at least five years, consider refinancing options such as converting to a fixed rate mortgage at current rates.

- Equity funds. Stocks tend to benefit more than fixed income products like bonds in a rising interest rate environment. Past market cycles indicate sectors like industrials and

technology benefit when interest rates rise. Additional investment ideas are available on websites like fiduciarytrust.ca.

- Don't hesitate on a major purchase. Consider accelerating your plans to purchase now before interest rates rise. If you're in the market for a new car, there may be zero per cent financing and other incentives available.

NEWSCANADA



► With interest rates expected to rise, your debt could be affected.

NEWSCANADA

# RRSP rules can work for you

► With some advice, maximise your RRSP ► You may be able to invest your severance ► A financial advisor can help

The concept of Registered Retirement Savings Plans (RRSPs) is fairly simple. You put money in, get an immediate tax deduction each year up to your annual contribution limit, and your money grows in a tax-deferred environment.

"Canadians are increasingly aware of the importance of setting and working towards personal financial goals," said Victor Dodig, executive vice-president of retail distribution and wealth management at CIBC.

"An effective RRSP strategy also includes taking advantage of all the options available to you to maximize the power and potential of your RRSP," said Debbie Ammeter, a retirement planning expert at Investors Group. "These options can include the retiring allowance, pension adjustment reversal and

RRSP beneficiary designation."

"One of the easiest ways to make saving for retirement a priority is to set up a regular investment plan. As smaller contributions are often easier to make on an ongoing basis, a regular investment plan starts to work for you right away by moving you closer toward your goals with each contribution while compounding interest, dividends or investment growth," said Dodig.

When you leave a company pension plan or deferred profit sharing plan, you will receive a pension adjustment reversal (PAR) if the total value of your past pension adjustments exceeds the benefit you receive out of the plan. The PAR restores lost RRSP contribution room and, if you have changed employers in the last year, getting

professional advice on your potential PAR-room can pay off, Ammeter noted.

"Having a conversation with a financial advisor is the first step toward realizing your goals. It's an op-

portunity to talk about what matters to you and how you can work toward your goals by taking a holistic view of your financial picture," said Dodig.

NEWS CANADA, WITH FILES FROM JON TATTRIE



► RRSPs: Never the wrong time to get started.



## You can't get there without a plan

When it comes to saving money, we often focus on immediate needs. While saving is an essential step to a stable financial future, we often forget to ask ourselves an important question: What exactly am I saving for and how much will I need?

Whether it's for a new home, paying off debt, or something more long-term such as retirement, being able to clearly identify your end goal (and envision what it will look like) can make it easier to put a plan in place.

A recent study conducted by BMO Financial Group found that half of Canadians don't have a clear understanding of their short and long-term financial goals. This can make it more difficult for people to save.

"Having clear goals can help motivate us to save money," says Tina Di Vito, head of BMO Retirement Institute. "For example, when it comes to saving for retirement, have a picture of what you want your re-

tirement lifestyle to look like, then work with a professional to develop a financial plan." NEWS CANADA

### Quoted

**Bev Moir, Senior Wealth Advisor with ScotiaMcLeod, says you should have a clear picture of what you're saving for this RRSP season.**

► **When it comes to saving,** individuals who are most successful have developed a short and long-term financial plan as a road map ... It should be reviewed regularly and updated at least every five years.

► **The reason** many people do not have a financial plan in the first place is that they have not determined what their goals and objectives are ... Even as your goals change and evolve as you progress through your life, you're likely to get further ahead by planning than without.



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## 4

## sports

## Quoted



**"I have a lot of feelings going on. I think I'm frustrated, mostly,"**

BOSTON BRUINS CENTRE MARC SAVARD, WHO ANNOUNCED YESTERDAY THAT HE WOULD MISS THE REST OF THE SEASON DUE TO HIS SECOND CONCUSSION IN LESS THAN A YEAR.

**"It's tough to understand why this happened. It will take time and patience, those two things I don't feel like I have much of."**



# Between a rock and a hard place

► **Dan**

Penguins will get Crosby back  
► Malkin expected out for season

Sidney Crosby has already missed 13 games for the Pittsburgh Penguins with complications due to a concussion, and his return date is still unknown.

Coach Dan Bylsma addressed Crosby's status, as well as other injury news, during practice yesterday.

"The schedule with Sidney, we thought he would return sometime this week. There wasn't a definite date or definite day," he said. "Right now, I haven't had a lot of contact. He's in contact with our trainer just to let him know how he's feeling and so forth. There really isn't a timeframe, as far as we're concerned at this point, of getting him back into town."

Crosby left the team last week to visit his parents outside of Halifax.

Since he left, not only did Pittsburgh lose to the Washington Capitals, 3-0, on Sunday, the Penguins lost centre Evgeni Malkin to two torn ligaments in his right knee.

He was injured in a 3-2 win over the Buffalo on Friday. It's still not clear if he'll need surgery.

"Given the severity of the injury, right now we're taking some time to let his knee calm down a little bit, get doctors' opinions and options for what he has going forward," Bylsma said of Malkin. "It's not a lot of urgency, at this point in time,

**"When the doctor told us he had a mild concussion, we were expecting this not to last this long."**

PENGUINS COACH DAN BYSLMA ON SIDNEY CROSBY

to rush into a certain decision."

Meanwhile, the cloud continues to hover over Crosby, who hasn't played since an 8-1 loss to the Tampa Bay Lightning on Jan. 5. Bylsma was asked about the possibility of Crosby's absence growing even longer than originally thought.

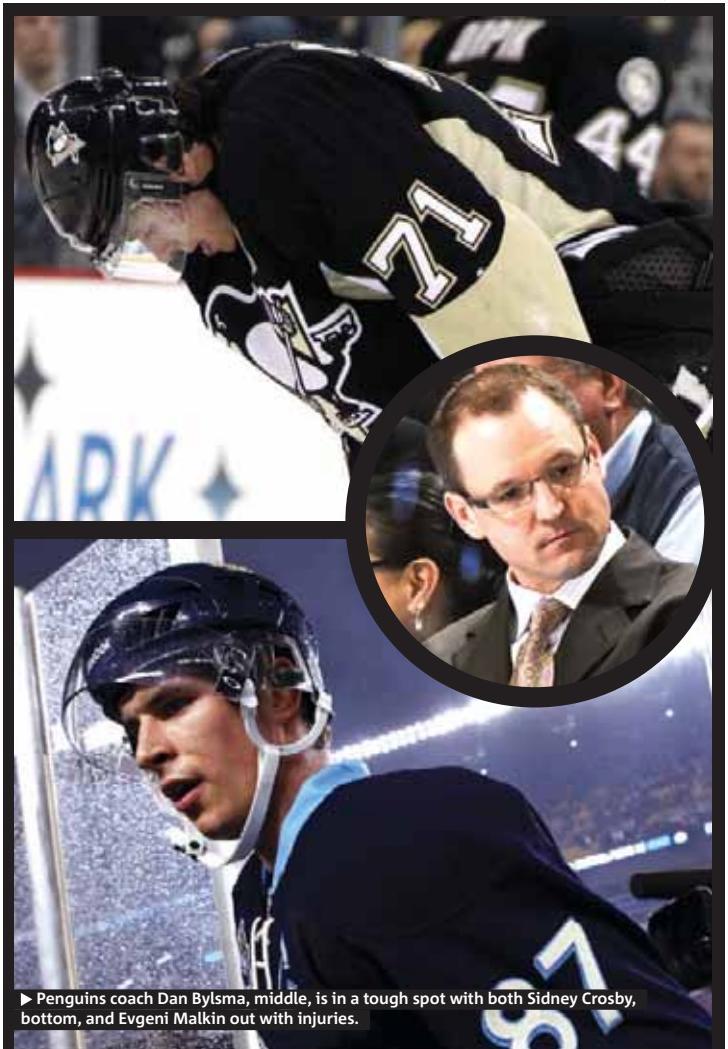
"That really has not been a topic of conversation or a thought," he said. "It was certainly our concern about making sure his health is full when he comes back to play."

"We certainly want to make sure we go through the necessary steps, and he gets returned to health and he's symptom-free and then progressing toward what the doctor recommends with exercise and so forth."

Another injured centre, Mark Letestu, had surgery on his left knee and will miss four to six weeks.

The Penguins play host to the Columbus Blue Jackets tonight.

THE ASSOCIATED PRESS



► Penguins coach Dan Bylsma, middle, is in a tough spot with both Sidney Crosby, bottom, and Evgeni Malkin out with injuries.

## Heading back east: CFL returning to Moncton

The CFL announced yesterday that a 2011 regular season game will be played in Atlantic Canada.

Moncton hosted the Toronto Argonauts and Edmonton Eskimos last year and will host the CFL again.

The Eskimos' 24-6 victory in front of 20,725 fans was the first-ever CFL regular season game to be played in Atlantic Canada.

Details of the contest and participating teams

**36**

Last year's CFL game at Moncton Stadium sold out in just 36 hours.

will be announced with the CFL's 2011 schedule.

"We're thrilled to be bringing another regular season game to the city of Moncton, and our fans and friends from across Atlantic

Canada," CFL commissioner Mark Cohon said in a statement.

Despite the previous game's success, the league is still considering whether to play future games in the region, Cohon added.

"Time will tell whether we are expanding our footprint in the region, or in a position to consider actual expansion to Atlantic Canada," Cohon said.

THE CANADIAN PRESS

### Sports in brief

#### Emery signs up with Ducks

NHL. Ray Emery is taking the next step in his bid to return to the NHL.

The Anaheim Ducks signed the goaltender to a two-way contract. He hasn't played since Feb. 1, 2010.

THE CANADIAN PRESS

#### Titans name new coach

NFL. The Tennessee Titans have hired Mike Munchak

as the franchise's 16th head coach, deciding to promote from within to replace Jeff Fisher.

It will be Munchak's first head coaching job.

THE ASSOCIATED PRESS

#### 3B Young wants trade from Rangers

MLB. Michael Young has asked the Texas Rangers to trade him.

General manager Jon Daniels says the AL champions are willing to accommodate that request though "nothing is imminent."

THE ASSOCIATED PRESS

## Game sets new ratings record

For the second year in a row, the Super Bowl has set a record for American television viewing.

The Nielsen Co. said yesterday that an estimated 111-million people watched the Green Bay Packers outlast the Pittsburgh Steelers in professional football's ultimate game. That tops the 106.5 million who watched the 2010 game between New Orleans and Indianapolis.

The series finale of *MASH* had held the title of the most-watched TV show in the United States for 27 years. It is now No. 3.

The Canadian ratings were also strong. According to preliminary overnight data from BBM Canada, an estimated 7.3-million people watched on CTV and RDS. It was the most-watched television broadcast in this country since the 2010 Winter Olympics, CTV said in a release.

Peak television ratings had more than 80 per cent of Canadians watching the men's hockey final.

The networks had the advantage of a game between two of the National Football League's iconic franchises and it went down to the final minute and held viewers' interest.

**THE ASSOCIATED PRESS**

# 5.3

Per cent increase over last year's ratings in Canada. The introduction of a new measuring system in September 2009 has seen sports TV ratings skyrocket.

NHL

## Forsberg delayed by paperwork

A day after officially rejoining the NHL after a three-year hiatus, Peter Forsberg was clearly enjoying himself.

Next comes the true test: Forsberg's first game.

The former MVP isn't sure when that'll be but he knows the butterflies will be flying once it gets here.

"I'm nervous how it's going to go," Forsberg

# Seating woes no surprise

► NFL knew last week that Super Bowl preparations were running behind schedule in Dallas ► Affected fans will get tickets to next year's game

MATT STROSHANE/DISNEY VIA GETTY IMAGES



► Super Bowl Most Valuable Player Aaron Rodgers takes a celebratory ride with Mickey Mouse at Walt Disney World Resort yesterday following the Green Bay Packers' victory over the Pittsburgh Steelers.

The NFL knew last week there were problems with the installation of temporary Super Bowl seating sections and hoped until hours before kickoff that they could be fixed.

"At the end, we just ran out of time," NFL executive vice-president Eric Grubman said yesterday.

Four hundred people were forced to give up their seats for the Green Bay Packers' 31-25 victory over the Pittsburgh Steelers on

Sunday night, and instead had to watch the game on monitors or use standing-room platforms in corners of Cowboys Stadium.

Another 850 fans were moved from their seats in the temporary sections to other seats.

"It was obviously a failure on our behalf, and we have to take responsibility for that," NFL commissioner Roger Goodell said. "We had, obviously, a lot of challenges this week."

There were a lot of things we were trying to deal with."

Overall, the stadium exceeded the expectations for

a Super Bowl host. Cowboys owner Jerry Jones also acknowledged the seating

blunder and reached out to the fans affected by it. "We deeply regret their Super Bowl experience was impacted by this error, and we share that responsibility with the NFL," he said in a statement.

The league had said it would offer those 400 people refunds of triple the face value of their tickets.

A total of about 15,000 temporary seats were added to Cowboys Stadium.

Grubman said that issues arose with the "final installation of railings, of tightening risers, steps, things of that nature — and that's what did not get completed at the end."

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## Fans give Packers a hero's welcome

Thousands of exhausted but euphoric Packers fans welcomed their team home to Green Bay as Super Bowl champions yesterday.

Schools dismissed early and people took time off work to watch the team's motorcade travel from Austin Straubel International Airport along a route that included Lombardi Avenue, named in honour of the legendary Packers coach Vince Lombardi.

Fans who spent Sunday night partying picked up right where they left off in the morning, showing up hours early for the parade. They jammed Lambeau's atrium and clogged the stadium's pro shop as they bought piles of Super Bowl gear and memorabilia. To make room, the team had to herd visitors into a line that stretched outside the stadium. **THE ASSOCIATED PRESS**

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Chris Brown - Yeah 3X

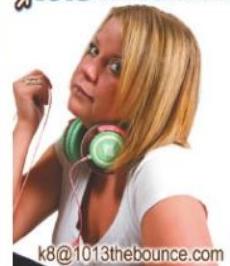
Diddy-Dirty \$ ft Skylar Gray - Coming Home

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Gran Bahia Principe Punta Cana  PRIVILEGES  
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### JAMAICA

Gran Bahia Principe Jamaica  PRIVILEGES  
All-Inclusive • Junior suite • Apr. 11 • 1 wk.

### BERMUDA

The Fairmont Southampton   
Fairmont rm. • Feb. 26 • 1 wk.

## USA | AIR & HOTEL

### FLORIDA | Orlando

Clarion Resort & Waterpark   
Double or twin guest rm. • Apr. 9 • 1 wk.

**\$849**

Add taxes & other fees: \$170

### BERMUDA

Grotto Bay Beach Resort   
Superior oceanview rm. • Feb. 26 • 1 wk.

**\$999**

Add taxes & other fees: \$170

### CUBA | Varadero

Sirenis La Salina Varadero Beach Resort   
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### CUBA | Varadero

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**\$1199**

Add taxes & other fees: \$170

### CUBA | Cayo Coco/Cayo Guillermo

TRYP Cayo Coco   
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### CUBA | Holguin

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### MEXICO | Cancun/Riviera Maya

Occidental Grand Xcaret   
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### MEXICO | Cancun/Riviera Maya

Gran Bahia Principe Tulum  PRIVILEGES  
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